

WA LYME ASSOCIATION

LYME DISEASE AWARENESS SEMINARS

SPEAKER PROFILE: DR. NICOLA McFADZEAN DUCHARME

Dr. Nicola McFadzean Ducharme is the founder and medical director of RestorMedicine, an integrative medical center based in San Diego, CA. Having been raised in Sydney and completed her Bachelor of Health Sciences (Naturopathy) in Australia, she moved to the United States and obtained her Doctorate of Naturopathic Medicine, starting her private practice in California soon thereafter.



Dr. Nicola soon started seeing many Lyme patients, both in the United States and Australia. As a Lyme-literate Naturopathic Physician, Dr. Nicola combines conventional and integrative approaches to treating Lyme and other tick-borne illness. She uses both antibiotic and non-antibiotic approaches, relying heavily on naturopathic principles and therapies in her work.

She is a member of the International Lyme and Associated Diseases Society (ILADS), has completed the ILADS Training Program under the mentorship of Steven Harris, MD; and she is the Medical Advisor to the Lyme Disease Association of Australia.

Dr. Nicola is the author of three books - [The Lyme Diet: Nutritional Strategies for Healing From Lyme Disease](#), [Lyme Disease in Australia](#), and [The Beginners Guide to Lyme Disease](#). She is also a chapter contributor to Connie Strasheim's book [Insights into Lyme Disease Treatment: 13 Lyme-literate Practitioners Share Their Healing Strategies](#).

She lives in San Diego with her husband Dave, daughter Valentina and their two dogs.